

The Kewaunee County Public Health Connection

Say



to the FLU!!



The Flu is a contagious respiratory illness caused by influenza viruses that affect the nose, throat and sometimes the lungs. It can cause severe illness, and can be deadly!

The Flu shot **does** help! While *some* individuals *may* still contract the flu even after getting the vaccine, those who are vaccinated tend to have a much milder case than those who are not vaccinated.

Children 6 months to 18 years old can receive a FREE flu shot. Call Kewaunee County Public Health Department to schedule your appointment.



Call: (920) 388-7160

Got Bacteria?



Did you know that your gut contains trillions of bacteria? In fact, you are just as much of a microbe as you are a human! These microbes make up your microbiome. We attain bacteria all the way through our lifecycle...from coming out of the birth canal, to breastfeeding, to what we put in our bodies.

Why care about your gut bacteria? Research is showing links between gut bacteria and mood. We already know that feeling anxious affects our bellies. It makes us run to the bathroom and feel queasy. This is because our gut has its own nervous system, which is directly connected to the brain through the vagus nerve. When you feel stressed, your mental state is affecting your gut. The stress hormones impact the microbes and actually change the way that they function!

The good news is that while anxiety and depression can influence the gut, the microbes in your GI tract also affect our mood. This means that through following a good diet, this may improve mood! So next time you follow a fad diet, think twice. When you feel the urge to stop at a fast food restaurant, keep your gut bacteria in mind. Following a diet high in fruits and vegetables and including pro and prebiotics may make you feel better and put you in a better frame of mind.

Information from "Eating Well" Magazine, November 2019



2019

Sign up dates:

- Saturday November 2 10am – Noon at Kewaunee Public Library
- Saturday November 9 10 am – Noon at Algoma Public Library
- Saturday November 16 10 am – Noon at Village of Luxemburg Municipal Building



- Blankets
- First aid kit
- Windshield scraper
- Phone charger
- Tow rope
- Shovel
- Water & Snacks
- Extra winter clothes
- Full tank of gas

Did you know...

4 out of 5 kids are not buckled into their car seat correctly?



Kewaunee County now has a certified Car Seat Technician!

Call (920) 388 – 7160 to set up a free office or home visit.

Overnight Pumpkin Pie Oats:

| | |
|----------|---------------------------------------|
| 1/3 c. | Oats |
| 1/3 c. | Pumpkin Puree |
| 1/3 c. | Milk |
| 1/2 tsp. | Vanilla |
| 1/2 tsp. | Cinnamon |
| 2 tsp. | Brown sugar |
| 1 tsp. | Maple Syrup |
| 1 T. | Walnuts or Pecans, chopped (optional) |



Pour all ingredients except the nuts, into a 1-2 cup sized container with a tight fitting lid. Stir until all ingredients are combined. Seal the container with a lid and store in the refrigerator overnight. Serve for breakfast with chopped nuts on top, if desired.

Look Out for Lead

Lead poisoning is an environmental disease that can cause brain damage, which can result in reduced IQ and attention span, learning disabilities, and developmental delays. Despite being banned from paint and varnish for residential use, lead was added for many years, so it is still present in things today.

How does a child get Lead Poisoning?

- Chipping and peeling lead-based paint in homes built before 1978. Lead dust may be in windows, on floors, porches, and in the soil. When the lead-tainted dust gets on children's hands and into their mouths they can become lead poisoned
- Lead-based paint being disturbed during renovation or remodeling. The lead fumes and dust in the air can be inhaled or can be ingested by anyone in the area
- Lead in drinking water service lines and fixtures
- Lead in soil from leaded gasoline
- Lead in older toys, children's jewelry, candies, and traditional remedies

Kewaunee County offers free lead testing for children 6 and under. Call (920) 388 -7160 to schedule an appointment!